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WAR FOOD ADMINISTRATION  
Food Distribution Administration

511-513 U. S. Court House  
Phone 2-1365

Fort Worth, 2, Texas  
December 2, 1943.

WARTIME FOOD BULLETIN

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All quiet on the Fruit and Vegetable front, is the way Paul R. LeGer, Federal Food Reporter puts it when sizing up the local market this week. Trading about normal with few price changes. A few items advanced in price while a few others declined, in each case the change was not radical.

Boxed apples from the Northwest have nearly disappeared from the local market, at least for the time being, and most supplies of this commodity are arriving in bulk. Prices nearly the same and quality very good.

Oranges and grapefruit are now plentiful and moderately priced. Indications are the supply will be very adequate for a good long time. LeGer offers a tip to housewives in selecting oranges by advising the color of the skin has nothing to do with the ripeness or sweetness of an orange. Climatological or soil conditions in California cause the orange to have maybe a more natural golden color right off the tree while some of those from Florida and Texas may show more or less green color of the skin, yet be just as sweet and juicy as those of more golden color. A smooth skin free from rough or thick spots is an indication of a good quality orange while the color has nothing to do with the quality or flavor.

Fort Worth housewives have been rather fortunate in having such a large selection of choice fresh vegetables to choose from. During practically the entire season local dealers have been able to secure supplies large enough to take care of the needs and desires of everyone with quality merchandise priced in line with the times. In spite of the fact that prices in general of everything all over the country are higher than normal, we still find many bargains in the fruit and vegetable markets.

Best buys this week are cabbage, dry onions, potatoes, bulk carrots, rutabagas, grapefruit and spinach. Spinach is a real bargain and is only a fraction higher priced than at the same time last year.



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WAR FOOD ADMINISTRATION  
Food Distribution Administration

511-513 U. S. Court House  
Phone 2-1365

Fort Worth, 2, Texas  
December 9, 1943

WARTIME FOOD BULLETIN

A few boxed apples returned to the local fruit and vegetable market this week but most supplies are arriving in bulk. The quality of apples in general may not be exactly as high as to what we have been accustomed in past seasons although in many instances it is but we must remember we have about 1/3 less apples than last years production and the Federal Government is buying many cars for military uses. We have no complaint what-so-ever to make because in what other country in the world today can you find such luxuries as we have in all respects?

The four corners of the nation are really represented in the fruit and vegetable bins in Fort Worth. Celery, lettuce, apples, other vegetables and fruits from the West coast, cranberries from the East coast, potatoes, onions, rutabagas from the Canadian border, bananas, coconuts and others from Central America and Old Mexico, all kinds of citrus fruits and vegetables from Texas and Florida.

Oranges from Florida are now offered to local consumers which makes a total of four states represented in the Citrus Fruit line in Fort Worth and Dallas, namely Texas, California, Arizona and Florida, offering oranges, grapefruit, limes, lemons and tangerines. With the present epidemic of flu and colds it is a fine time to consume large quantities of Orange and Grapefruit juices as many claim this is a mighty fine "cold" tonic. We do know they contain large quantities of that "sunshine" vitamin and plenty of vitamin yum-m-m-m-m.

Other fruits offered locally are the D'Anjou pear, emperor grapes, avocados, cranberries and fresh dates. A few honeydew, casaba and persian melons are still available. Plenty of all kinds of fresh vegetables, both roots and greens.

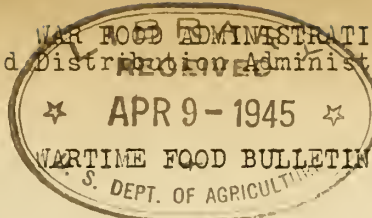
Best buys for the week are spinach, cabbage, bulk carrots, irish potatoes and grapefruit. Other good buys are squash, rutabagas, sweetpotatoes, tomatoes and onions. Oranges are a mighty good buy also.

- - - - - furnished by: Paul R. LeGer, Federal Food Reporter - - - - -





511-513 U. S. Court House  
Phone 2-1365



Fort Worth, 2, Texas  
December 16, 1943

According to Paul R. LeGer, Federal Food Reporter, the fruit and vegetable market has the customary pre-holiday atmosphere this week just like any other place of business, plenty of "hustle and bustle", and with the large variety of fresh fruits, vegetables and nuts offered for sale with their many hues and colors they are truly in the Christmas parade.

Although prices of most items remain about like those of last week there is a better tone and the market is firm on nearly all commodities, with a few exceptions of course. Cranberries advanced in price and are really high. A fair supply of various kinds of nuts still exists but no doubt the supply will dwindle rapidly as we near Christmas. Christmas trees are available in many sizes, shapes and prices and a good supply of the usual fruits and vegetables found at this season of the year is also offered. We should be proud of our farmers, our transportation systems, shippers and dealers all over the country for making such fine foods available in times like the present. Speaking of Christmas trees -- why not load yours down this year with War Bonds.

Citrus fruit supplies are gradually on the increase and prices have a tendency to look downward. Apples are a little more plentiful than a week or so ago but we do not have too many. Prices of Irish potatoes are inclined to be just a little weaker, especially on NO. 2 grade stock, while sweetpotatoes are holding their own.

Best buys this week are spinach, cabbage, bulk carrots, sweetpotatoes, Irish potatoes, oranges and grapefruit. Spinach is a "real" buy. Another good buy with which not too many people are well acquainted is endive. You will be surprised at the flavor and tenderness of it. Use it as a straight salad or in a combination salad.

Eggplant is another mighty fine vegetable if properly prepared and it is reasonably priced just now. Mr. LeGer offers the following method of preparing it for the table which he says is a favorite in Florida where they really do grow the "stuff".:---Peel the eggplant, boil until soft (about 10 minutes), then mash it as you would potatoes, make patties and fry these in fat, first rolling in bread crumbs (if desired). And, it is just as good as it "listens".





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Food Distribution Administration  
CURRENT SERIAL RECORD

511-513 U. S. Court House  
Phone 2-1365

Fort Worth, 2, Texas  
December 23, 1943.

MAR 30 1944  
"WARTIME FOOD BULLETIN"  
CULTURE

Heading the list of best buys this week on the local fruit and vegetable market and in the grocery stores are cabbage, bulk carrots, bulk turnips, irish potatoes, spinach, grapefruit and oranges. And, according to Paul R. LeGer, Federal Food Reporter, there are several other good buys offered the housewife among which are radishes, rutabagas, mustard greens, parsley, sweetpotatoes and squash, the little yellow ones and the little white ones.

Prices of irish potatoes are having difficulties in holding their own right now and a slight drop may be expected sometime in the near future. There are plenty of spuds for every need and dealers have fine stocks on hand but we do not by any means have enough to waste any of them.

Cranberries, the old holiday "standby" are high priced. Fine quality and supplies moderate, but a little out of line with other commodities. A large assortment of fine quality fresh fruits and vegetables are available, a few home grown itmes still hanging around, but it is the time of year when home-growns will soon disappear. Most items are being shipped in from other states and districts with a large portion of them coming from the Rio Grande Valley and other South Texas points. Everyone should eat more of these "easier to get" foods. Each is overflowing with health giving vitamins and there just isnt any excuse for not eating large amounts of them. Perhaps some of them are a little higher priced than we would like to have them be but at that they are much lower than the processed ones because you cannot process any food without adding additional expense to the finished product. They are not rationed.

To all: A Merry Christmas and a very Happy New Year.

NOTE: This will be the last Wartime Food Bulletin issued by Mr. LeGer. LeGer is being transferred to the Kansas City office after having spent the past 14 months in Fort Worth. All future bulletins will be issued by Mr. C. D. Sherman who is transferring to the Fort Worth office.



1-9422  
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WAR FOOD ADMINISTRATION  
Food Distribution Administration

511-513 U. S. Court House  
Phone 2-1365

Fort Worth, 2, Texas  
December 30, 1943

"WARTIME FOOD BULLETIN"

The local fruit and vegetable market is now well supplied with citrus fruits of all kinds. With "colds" and "flu" on the warpath, it would be a good idea for every kitchen to have an extra bagful of this fruit. Citrus juices, particularly grapefruit, is a good combatant against the flu, as well as a fine preventive. The first lot of Florida Tangerines arrived just before Christmas, and were sold out quickly.

Among the best buys for the week, besides oranges and grapefruit, according to the Federal Food Reporter, Charles D. Sherman, are cabbage, cauliflower, eggplant, potatoes, sweet potatoes and bulk beets, carrots, and turnips. Other good buys are spinach, bunched carrots, collards, and turnip greens. This is quite an assortment of the "vitamin group", and it is recommended full advantage be taken of this supply, rather than spending points for canned food. In addition, for your selection, the markets offer quite a list of other fruits and vegetables, although a little higher priced--namely: beans, broccoli, celery, green peas, sweet peppers, squash, tomatoes, avocados, apples, grapes, lemons, and limes.

Getting back to sweet potatoes, it is nice to know the OPA has placed a ceiling on them too. So we will assume the price will stay within reach for everyone.

Home grown vegetables have about disappeared from the local market, but supplies should continue to be good, coming from the Lower Rio Grande Valley, other South Texas Points, and other states, even though the recent cold waves have caused some damage to some vegetables.

We have plenty--but none to waste.

